



REVIEWS

BOOKS

Reviewed by Ruth Parnell

LOST CITIES OF ATLANTIS, ANCIENT EUROPE & THE MEDITERRANEAN by David Hatcher Childress

Published by Adventures Unlimited Press (1996), USA

ISBN 0-932813-25-9 (488pp s/c)

Price: AUD\$29.00; NZD\$38.00 + p&h; NFL\$33.90; STG£15.95; USD\$16.95

Available: **Australia**—NEXUS Magazine, ph (074) 42 9280, fax (074) 42 9381; **NZ**—NEXUS Office, ph (09) 416 7320, fax (09) 416 7340; **Europe**—NEXUS Office, ph +31 (0321) 38 0558, fax (0321) 31 8892; **UK**—NEXUS Office, ph 01342 32 2854, fax 01342 32 4574; **USA/Canada**—Adventures Unlimited, PO Box 74, Kempton, IL 60946, ph (815) 253 6390, fax (815) 253 6300.

'Maverick' archaeologists like David Hatcher Childress are unpopular with the academic and scientific establishments because they extend their thinking across diverse disciplines and come to conclusions at odds with accepted dogma. *Lost Cities of Atlantis, Ancient Europe & The Mediterranean* is Childress's sixth volume in a series that questions mainstream theories about humanity's past and attempts to answer questions that the establishment doesn't want asked.

Childress documents his journeys around the Mediterranean and Atlantic regions where he finds evidence pointing to the existence of an ancient core civilisation that confirms the stuff of legends. His quest to find the lost civilisation of Atlantis takes in the discovery of ancient art and artefacts, maps, megalithic constructions, science and tech-

nology, and the study of cataclysmic Earth changes, devastating wars and mysterious secret societies. From the Atlas Mountains to Turkey, from Ireland to remote Atlantic and Mediterranean islands, influences can be seen which seem to have arisen from a common source—probably Atlantis.

With an extensive bibliography and generous use of diagrams and illustrations to support his claims for the lost Atlantis, Childress reveals obscure facts and makes astounding connections that leave the reader with much to ponder.

LIVING ENERGIES

by Callum Coats

Published by Gateway (1996), UK

ISBN 0-946551-97-9 (320pp s/c)

Price: AUD\$39.00 (includes postage); NZD\$44.95 + p&h; NFL\$49.95; STG£15.50; USD\$19.95

Available: **Aust**—NEXUS Magazine, ph (074) 42 9280, fax (074) 42 9381; **NZ**—NEXUS Office, ph (09) 416 7320, fax (09)

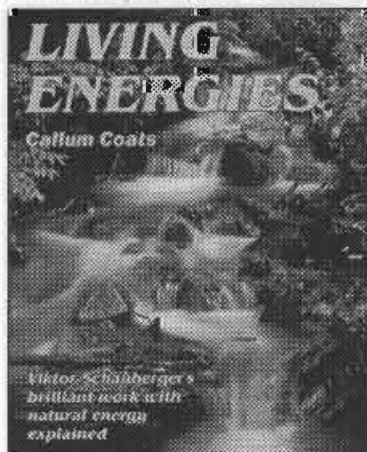
416 7340; **Europe**—NEXUS Office, ph +31 (0321) 38 0558, fax (0321) 31 8892; **UK**—NEXUS Office, ph 01342 32 2854, fax 01342 32 4574; **USA/Canada**—Adventures Unlimited, PO Box 74, Kempton, IL 60946, USA, ph (815) 253 6390, fax (815) 253 6300

"Comprehend and copy Nature!" was the motto of Austrian-born genius Viktor Schauberg (1885-1958) who foresaw humanity's oblivion if it continued to exploit the planet. Yet his ideas and inventions were suppressed for challenging the prevailing scientific orthodoxy and the vested interests of the energy lobby.

In *Living Energies*, Callum Coats examines the concepts and applications that Schauberg developed from his observations of Nature's creative processes. (See extract in this issue, plus Coats' article in NEXUS vol. 2#14.) That Nature builds with inward spirals, generating energy by suction and implosion rather than by pressure and explosion, has enormous implications in this modern technological world.

Schauberg's principles can be applied to agriculture, aviation, forestry, power generation, water management, and more. His designs for gravity-defying UFO-style craft, free-energy-powered heating/cooling systems, water-cleaning techniques and home-power generators embody radical concepts that should have been in the public domain long ago.

Gracing Coats' elegant text is a wealth of diagrams, illustrations, photographs and documentation. In making Schauberg's brilliance more widely known, Coats performs a worthy service in changing how we think about energy and inspiring us to adopt systems in harmony with Nature.



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ONE MAN BANNED: The Best of Peter Sawyer, Whistleblower edited by Brian Wilshire

Published by Brian Wilshire Publications (1996), Australia
ISBN 0-646-26517-2 (228pp s/c)
Price: AUD\$18.95 inc. p&h; USD\$25.00 inc. overseas p&h
Available: **Australia**—Brian Wilshire Publications, PO Box 209, Round Corner, NSW 2158.

Between 1987 and 1993, the infamous former public servant-turned-whistleblower, Peter Sawyer, published his controversial newsletter, *Inside News*, alerting us to the terrors of a 'brave new Australia'. Many people considered his warnings to be the ravings of a crazed ratbag (and how could they not when certain politicians and the media went out of their way to discredit him), but a hardy band of followers believed—and still do—that he was on the right track with his New World Order conspiracy-oriented scenarios.

Those who missed out on Peter Sawyer's newsletter can catch up on much of the really juicy stuff in this compilation, *One Man Banned*, edited and introduced by Brian Wilshire, Sydney radio broadcaster and author of *The Fine Print* books. Choice extracts cover Australia's secret Bill of Rights, the Fabian Society's hidden agenda, the freedom movement, the banking industry stranglehold, the National Safety Council's covert operations, social security frauds, multinational manipulation, trial by media, the Deakin Centre's networked surveillance systems, as well as the dreaded Medicare

identity card to replace the ill-fated Australia Card, and much more.

Wilshire provides pointed commentary throughout the book, although at times it's hard for the reader to distinguish between his and Sawyer's words, and, regrettably, he doesn't cross-reference the extracts to dates or *Inside News* issue numbers.

Sawyer's revelations about NWO "black-hats" influence in Australia are disturbing, all the more so when his concerns seem increasingly justified as events unfold.

PSYCHIC DICTATORSHIP IN THE USA by Alex Constantine

Published by Feral House (1995), USA
ISBN 0-922915-28-8 (221 pp s/c)
Price: AUD\$24.50; STG£9.99; USD\$12.95 + USD\$2.00 p&h

Available: **Aust/NZ**—Manic Ex-Poseur, PO Box 8, Carlton North, Vic. 3054, Aust., ph/fax +61 (0)3 9381 1876 (trade enquiries only); **UK/Europe**—Turnaround, 27 Horsell Rd, London N5 1X1, ph +44 (0)171 609 7836, fax 0171 700 1205; **USA/Canada**—Feral House, Portland, OR, USA, ph (503) 222 4902, fax (503) 222 5045.

Conspiracy researcher/author Alex Constantine leaves the reader in no doubt that 'non-lethal' weaponry and mind-control technologies not only exist but have been used extensively against individuals and populations for years.

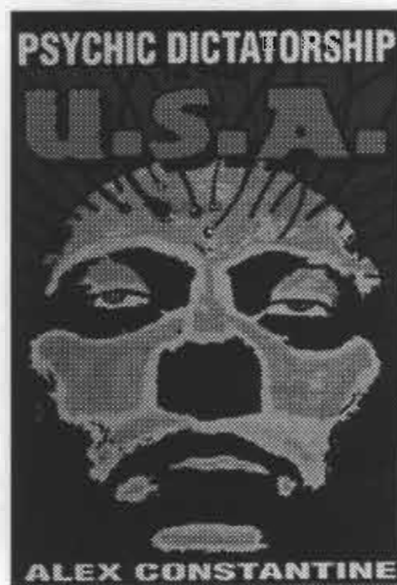
Psychic Dictatorship in the USA is a collection of unnerving essays which demonstrate that mind/behaviour-control telemetry is the shadow state's stock-in-trade—much of the R&D funding being diverted from SDI ("Star Wars") budgets.

Constantine's research reveals how intelligence operatives from agencies like the CIA

use these technologies against unwitting victims for intimidation or reprogramming purposes. There is also overwhelming evidence that cults are used as covers for recruiting children into mind-control projects and paedophile rings as well as for international arms and drugs dealing.

And if you thought television was bad enough as a mass brainwashing tool, consider Constantine's alarming exposé on the history of aspartame artificial sweeteners and the lies that are still being told about the deleterious physical and mental effects.

The evidence presented in this book is a savage indictment of democracy-turned-dictatorship. The sordid truth about what really goes on in the halls of power is often too much to take, but it does help to have some idea of what we're up against.



WHO REALLY RUNS AUSTRALIA?

FIND OUT WHO ARE THE REAL FOREIGN OWNERS!

This is the book and video that NEXUS was warned not to editorialise!

Written by one of Australia's industry gurus, an advertising magnate who dares to blow the whistle on the real power behind the 'elected' governments.

The Book: "**Lucky Be Damned**"

by John Cumming

Send \$23- (includes p&h) payable to: John Cumming,
1/37 Duke St, Sunshine Beach, Qld 4567

The Video: "**Lucky Be Damned
An Exposé of the Treasury**"

Send \$33.50 (includes p&h) payable to: AUSTAND,
PO Box 173, Noosa Heads, Qld 4567



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BOOKS

OUTPOSTS: A Catalog of Rare and Disturbing Alternative Information by Russ Kick

Published by Carroll & Graf Publishers Inc. (1995), NY, USA

ISBN 0-7867-0202-8 (266pp l/f s/c)

Price: USD\$20.95 inc. p&h; foreign airmail USD\$28.95; CAN\$26.75 + p&h

Available: **Aust/NZ/UK/Eur**—Worldwide Media, NJ, USA, ph +1 (201) 332 7100, fax (201) 332 0265; **USA**—Carroll & Graf Publishers, ph (212) 889 8772, fax (212) 545 7909; **Canada**—Publishers Group West, Toronto, Ontario, ph (416) 504 3900.

Outposts is a provocative collection of entertaining reviews of over 700 'underground' and 'subversive' books, newsletters, zines, catalogues and videos. Some of the material may shock, but it has been included in the interests of freedom over authoritarianism.

Author Russ Kick admits to reviewing sources he disagrees with, but points out that the reader must question and decide what to pursue. To form an opinion, he says, requires listening to what everyone has to say—but that means getting access to ideas and information that have "run the gauntlet of suppression, intimidation, ridicule and being ignored".

Reviews are covered under broad categories—alternative culture, art, beliefs, the body, comix, conspiracies and cover-ups, cyberculture, drugs, extremism, the mind, mischief, sex, the unexplained/unorthodox science, and much more. The variety of 'alternative' material available is staggering, and Russ Kick has, commendably, provided

publication address info for each listing. (And, yes, NEXUS is listed, under "Conspiracies: Miscellaneous"!)

If you think there's more to life than consensus reality, this bizarre sourcebook will open up doorways that you never knew existed. Even those familiar with 'underground' literature will find much to surprise.

IMMUNIZATIONS: The People Speak! by Neil Z. Miller

Published by New Atlantean Press (1996), USA

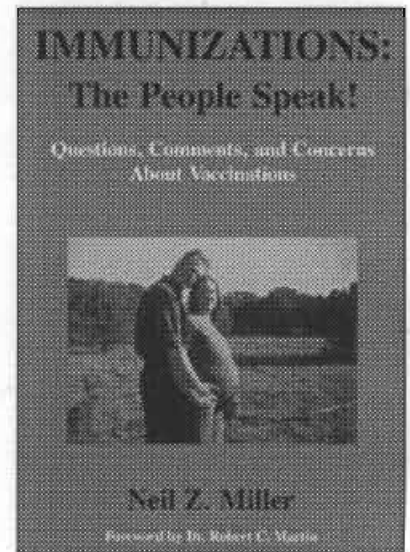
ISBN 1-881217-16-7 (78pp p/b)

Price: AUD\$16.50 inc. p&h; NZD\$16.50; STG£10.95; USD\$12.45 inc p&h

Available: **Aust**—Scheibner Vaccine Publications, 178 Govetts Leap Rd, Blackheath, NSW 2785, ph (047) 87 8203, fax (047) 87 8988; **NZ**—Vaccine Information Network, PO Box 149, Kaeo, Northland, fax c/- (09) 405 0176; **UK/Europe**—Vaccination Info, PO Box 43, Hull HU1 1AA, ph +44 (0)1482 56 2079; **USA/Canada**—New Atlantean Press, PO Box 9638-R, Santa Fe, NM 87504, USA, ph/fax (505) 983 1856.

The information in this handbook is reproduced from various radio and television interviews given across the US by Neil Miller, author of *Vaccines: Are They Really Safe and Effective?* and *Immunization Theory vs Reality* (see NEXUS vol. 2#25).

Presented in a question-and-answer format, the information covers the vaccination controversy surrounding illnesses like AIDS, influenza, measles, pertussis, polio, rubella, tetanus and SIDS, as well as an honest cross-section of concerns about immunisation risk and benefits plus details on legal considerations and state waivers.



The questions and comments directed to the author come from concerned parents, with a few medical/health professionals also represented. Miller's responses are well-documented so that readers can pursue their own lines of research and ultimately make wise, well-informed decisions.

Not a health practitioner, Miller is careful to make no claims either for or against vaccines, as the decision on whether or not to vaccinate should be made by parents—not mandated by governments or doctors ill-informed about the risks. Considering the research pointing to the dangers, and the sad stories from parents whose children have died or become disabled as a result of vaccinations, chances are you'd reject the immunisation option. This handbook goes a long way in clarifying parental concerns.

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UFO RETRIEVALS: THE RECOVERY OF ALIEN SPACECRAFT

by Jenny Randles

Published by Blandford (1995), UK
ISBN 0-7137-2493-5 (192pp s/c)
Price: AUD\$16.95; NZD\$34.95;
STG£8.99; USD\$9.95; CAN\$13.95
Available: **Aust**—Capricorn Link, ph (02)
899 8322, fax (02) 899 8221; **NZ**—David
Bateman Ltd, ph (09) 415 7664, fax (09)
415 8992; **UK/Europe**—Cassell plc, ph +44
(0)1202 66 5432; **USA/Canada**—Sterling
Publishing Co. Inc., NY, USA, ph (212) 532
7160, fax (212) 213 2495.

In her latest book, prolific investigator Jenny Randles traces documented claims for alleged UFO crashes and retrievals going as far back as 1871, but focuses her main attention on highlights from each decade following the infamous 1947 Roswell incident. Her overviews for each chapter make interesting reading in themselves for the insights they give into ufology's evolution over the last half-century.

In *UFO Retrievals*, Randles analyses 30 cases from around the globe, concluding that some are obvious hoaxes, that others can be explained away after objective assessment of the evidence, but that a few of them at least support claims made by the ufology contingent. She cautions that we should balance our judgements, and reminds us that the military's penchant for releasing disinformation and withholding or denying important evidence (such as downed craft or surviving ETs) makes it difficult for the layperson to make decisive conclusions about particular cases.

Randles suggests the 'authorities' know a great deal more than they're letting on. Can an official acknowledgement of alien presence be far off? For how long can the truth continue to remain hidden? And how will the authorities explain away over 50 years of denials? The jury's still out on one of the greatest mysteries of our times.

PROCEEDINGS OF THE 1ST WORLD CONGRESS ON CANCER

Published by Independent Medical Research (1995), Sydney, Australia
ISBN 0-646-25093-0 (333pp s/c)
Price: AUD\$95.00 + AUD\$10.00 p&h in Australia or AUD\$22.00 overseas p&h
Available: **Australia**—Independent Medical Research, Suite 401, 135 Macquarie St, Sydney, NSW 2000, ph +61 (0)2 247 5366, fax +61 (0)2 247 5453.

This weighty tome is the product of the landmark 1st World Congress on Cancer, held in Sydney in April 1994. Over 40 internationally acclaimed researchers pre-

sented their latest breakthroughs in cancer study and treatment, yet certain sections of the medical profession as well as the Australian Cancer Society and Cancer Council saw fit to boycott the Congress and discourage their members from attending.

For those who missed out or who keen to pursue the most promising or successful cancer therapies, the Congress *Proceedings* are essential reading (the documentation from the 2nd Congress, held September '95, is yet to be published). Papers covering developments in biochemistry, immunology, microbiology, pathology and psychoneuroimmunology appear alongside ones representing 'complementary' approaches such as Ayurvedic, nutritional and vitamin therapies. Many scientists way ahead of their time are represented in this collection—such as Dr George Merkl with his revolutionary life crystals discovery.

This material is accessible to the layperson, as well as to the medical professional or specialist who can now ill-ignore the promising cancer treatments available. The public has a right to be informed of these developments.

WHAT'S IN YOUR COSMETICS? A Complete Consumer's Guide to Natural and Synthetic Ingredients

by Aubrey Hampton

Published by Odonian Press (1995), USA
ISBN 1-878825-45-3 (317pp s/c)
Price: AUD\$31.00 inc. p&h; AUD\$33.00 airmail to NZ; AUD\$37.00 airmail to UK/Eur; USD\$11.00 + p&h
Available: **Aust/NZ/UK/Eur**—Books of Revelation, 77 Pound Rd, Warrandyte, Vic. 3113, Australia, ph +61 (0)3 9844 4492, fax +61 (0)3 9844 4884; **USA/Canada**—Odonian Press, Box 32375, Tucson, AZ 85751, USA, ph (520) 296 4056, fax (520) 296 0936.

No matter how much attention we pay to healthy diet and exercise, we can easily negate the benefits by overlooking the potentially toxic side-effects of the cosmetics and shampoos that we use daily.

Aubrey Hampton's *What's in Your Cosmetics?* is a timely consumer's guide to what's really natural and what's synthetic posing as natural; what's likely to cause allergic reactions; what's been demonstrated in lab tests to be carcinogenic; what's hazardous to the environment as well as yourself; and more.

Designed for easy understanding by the layperson, the book opens with an A-Z of ingredients and terms, and continues with extensive charts of herbs and their uses in folk and modern medicine. Pick up your current bottle of shampoo and check the ingredients against the glossary and charts: you'll be astounded at the assortment of dan-



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gerous chemicals that you regularly pour on or apply in the interests of hygiene/beauty.

A successful natural cosmetics manufacturer with roots in folk medicine, Aubrey Hampton is a credible champion for the cause of totally natural cosmetics and regimens. Armed with his advice on how to read labels, consumers can make wiser, better-informed purchasing decisions and demand only products that are truly user- and environment-friendly.

US GOVERNMENT MIND CONTROL EXPERIMENTS ON CHILDREN

by Jon Rappoport

Published by Blue Press (1995), USA

ISBN n/a (136pp s/c)

Price: USD\$25.00 + USD\$7.00 o/s p&h

Available: USA—Jon Rappoport, Blue Press, 2633 Lincoln Blvd, Suite 256, Santa Monica, CA 90405, ph +1 (213) 243 9005.

When revelations about the US Dept of Energy's Cold War radiation experiments on humans were aired in the press in early 1995, these were shocking enough. The DoE admitted that at least 9,000 men, women and children had been guinea pigs in 154 experiments carried out from at least the mid-1950s to the mid-1970s, ostensibly to study the biological effects of nuclear radiation and nuclear medical procedures. But even more shocking was what the media failed to report.

According to investigative journalist Jon Rappoport, 'black budget' CIA-overseen mind-control experiments were being conducted concurrently, under the dreaded *MKULTRA* programs. Three witnesses were asked to testify before the President's Advisory Committee on Human Radiation Experiments because doctors they named as using mind-control techniques on them had

also been named in connection with radiation experiments. This book is a collation of their utterly disturbing testimony.

Victims told of abuse that commenced at an early age and extended for decades—abuse involving kidnapping, brainwashing, use of chemicals, drugs, electric shock, hypnosis, isolation and sleep-deprivation techniques as well as emotional, physical, verbal and sexual torture—and of their controllers forcing them to become sex agents in high-level blackmail schemes.

What Rappoport presents is just the tip of the iceberg of the horrors that continue to be perpetrated—and hidden—by prominent individuals, agencies and cults with despicable motives. Chilling reading, not for the faint-hearted.

AT PEACE IN THE LIGHT

by Dannon Brinkley with Paul Perry

Published by Judy Piatkus Publishers Ltd

(1995), UK; HarperCollins, USA

ISBN 0-7499-1581-1 (218pp s/c)

Price: AUD\$19.95; NZD\$29.95; STG£8.99

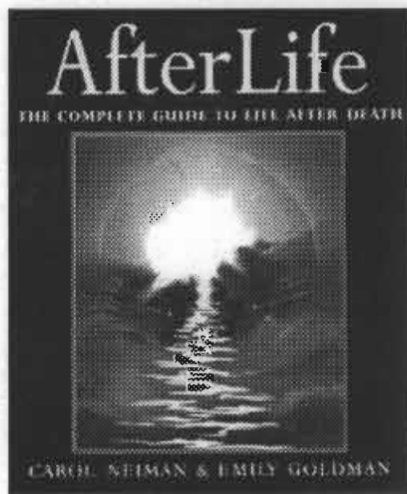
+£2 p&h; USD\$20.00 (h/c), USD\$5.99 (s/c)

Available—Aust—Hodder Headline, ph (02) 638 5299; NZ—David Bateman Ltd, ph (09) 415 7664; UK—Piatkus, 5 Windmill St, London W1P 1HF; c/card order no. 0 800 45 4816; USA/Canada—Harper Collins, ph 1 800 331 3761 (s/c available August '96).

This is the sequel to Dannon Brinkley's first book, *Saved by the Light* (see NEXUS 2#24), wherein he describes his two amazing near-death experiences (NDEs) of 1989 and 1975—when he was struck by lightning and given prophetic visions by Light Beings. As a result, Brinkley developed heightened psychic abilities and an intense awareness of his spiritual healing mission. For over 20 years he has enacted this mission, passing on his insights to the sick and dying through hospices as well as his own treatment centre.

At Peace in the Light records Brinkley's inspiring dialogues with patients, where they overcome their fears about death and dying and even about life and living. Through a "life review" process, they can regain a balanced picture of their lives and overcome illness with newfound resolve to live, or transit with knowledge of their spiritual heritage. To Brinkley, one of the keys to being "at peace in the light" is this "life review"—the rapid recall of one's whole life with the awareness of both positive and negative effects of one's thoughts and actions, as commonly reported in NDEs. Judgement Day is of one's own making—but one can be prepared!

Brinkley's messages and poignant portrayals will touch and comfort many readers. Those intrigued by the prophecies detailed in the first book will find some interesting updates amongst these latest pages.



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CULT RAPTURE

by Adam Parfrey

Published by Feral House (1995), USA

ISBN 0-922915-22-9 (371pp s/c)

Price: AUD\$28.50; STG£11.99;

USD\$14.95 + USD\$2.00 p&h

Available: **Aust/NZ**—Manic Ex-Poseur, PO Box 8, Carlton North, Vic. 3054, Australia, ph/fax +61 (0)3 9381 1876 (trade enquiries only); **UK/Europe**—Turnaround, UK, ph +44 (0)171 609 7836, fax (0)171 700 1205; **USA/Canada**—Feral House, PO Box 3466, Portland, OR 97208, USA, ph (503) 222 4902, fax (503) 222 5045.

From journalist/editor/publisher Adam Parfrey comes *Cult Rapture*, a collection of such bizarre cultural antics as can only happen in America. Parfrey contributes commentary and the bulk of the articles which he says "all describe how the panic-stricken middle class escapes its apocalyptic nightmare".

With a little sympathy and a lot of sardonic wit, Parfrey documents assorted mindsets and cult fetishes (some that you didn't need to know existed) that have sprung up across the nation with end-of-millennium urgency: past-life melodramas, communications with 'space people', sex cults of the physically disabled, mail-order Russian brides, to name just a few.

Conspiracy theorists will find a wealth of information, covering such subjects as the *Monarch* mind-control program (designed to create multi-personality slaves); spooky revelations about Illuminati sex/death rituals; analysis of media bias in reporting on the militia movement's involvement in the Oklahoma bombing; and more. And Parfrey's annotated bibliography is full of interesting sidelines.

Cult Rapture (or should it be rupture?) is a crazy, disturbing, fascinating, irreverent hotchpotch of material, suggesting that apocalypse can't be all that far away!

THE GOLDEN FOUNTAIN

The Complete Guide to Urine Therapy
by Coen van der Kroon

Published by Amethyst Books (1996), UK

(Dutch ed. first published 1993)

ISBN 0-944256-73-2 (150pp s/c)

Price: AUD\$29.00; NZD\$31.95 + p&h;

NFL fn/a; STG£10.00; USD\$14.95

Available: **Aust**—NEXUS Magazine, ph

(074) 42 9280, fax (074) 42 9381; **NZ**—

NEXUS Office, ph (09) 416 7320, fax (09)

416 7340; **Europe**—NEXUS Office, ph +31

(0321) 38 0558, fax (0321) 31 8892; **UK**—

NEXUS Office, ph 01342 32 2854, fax

01342 32 4574; **USA/Canada**—Gateway

Books, 18900 Olive Ave, Sonoma, CA

95476, USA; National Book Network, USA, ph (301) 459 3366, fax (301) 459 2118.

Golden Fountain is a refreshing look at one of the oldest medicinal treatments known to man: urine therapy. Once you get over the typical initial reaction of disgust, you discover that this is a very serious subject. A sterile fluid full of chemicals integral to normal bodily functions, urine is a renowned healing agent against a vast range of human ailments from acne and AIDS to warts and wounds. (See story in NEXUS vol. 3#2.)

Converted to urine therapy after it quickly healed his severely infected toe during a trip to India, author Coen van der Kroon embarked on a quest to trace the therapy's history from its traditional Indian usage to modern pharmaceutical applications. In this well-researched handbook, he passes on time-tested wisdom in a responsible, balanced manner, addressing concerns and explaining the intricacies of externally-applied and internally-taken dosages appropriate for treating specific diseases.

The reprinted testimonials from satisfied individuals are convincing enough to inspire even the most sceptical to try this simple, effective health option. What's more, your very own personal brew doesn't cost you anything, can't be patented, and its use can't be prosecuted by the health authorities. Take your health into your own hands and go with the flow!

AFTERLIFE: THE COMPLETE GUIDE TO LIFE AFTER DEATH

by Carol Neiman and Emily Goldman

Published by Labyrinth Publishing (1994),

Newleaf/Boxtree (1995), UK

ISBN 0-7522-0555-2 (224pp s/c)

Price: AUD\$19.95; NZD\$39.95;

STG£10.99; USD\$22.95 (h/c)

Available: **Aust**—Random House, ph (02)

9954 9966, fax (02) 9954 4562; **NZ**—

Random House, ph (09) 444 7197, fax (09)

444 7524; **UK/Europe**—Boxtree Ltd, UK,

ph +44 (0)171 928 9696, fax +44 (0)171

928 5632; **USA/Canada**—Penguin Books,

USA, ph 1 800 526 0275.

Humanity's age-old preoccupation with the paradox of life and death is presented succinctly and philosophically in this richly illustrated volume.

In *Afterlife*, the authors consider testimony from diverse traditions—Chinese, Egyptian, Native American, Tibetan, Tantric, Christian and Occult—that have attempted to make sense of where we came from, why we're here and where we go when we die. They consider the modern near-death experience and suggest it has changed popular perceptions of death and an afterlife in subtle, profound ways.

The quest to understand the human condi-



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tion would not be complete without discussion of duality, reincarnation, mystic visions, ghosts, past-life regressions, seances, and authors Neiman and Goldman cover these and more aspects with intelligence and insight. For those serious about expanding their horizons, the authors provide guidelines on how to choose a medium, arrange an out-of-body experience, and generally prepare for 'the transition'.

INTO A TIMELESS REALM A Metaphysical Adventure by Michael J. Roads

Published by H J Kramer Inc. (1996), USA
ISBN 0-915811-66-9 (268 pp s/c)
Price: AUD\$23.95; NZD\$27.95;
STG£9.99; USD\$11.95

Available: **Aust**—Gemcraft Books, ph (03) 9888 0111, fax (03) 9888 0044; **NZ**—Peaceful Living, ph (07) 571 8105, fax (07) 571 8513; **UK/Europe**—Airlift Book Co., ph +44 (0)181 804 0400, fax +44 (0)181 804 0044; **USA/Canada**—H J Kramer Inc., PO Box 1082, Tiburon, CA 94920, USA, ph (415) 435 5367, fax (415) 435 5364.

Visionary author Michael Roads captivates once again in his latest book, *Into A Timeless Realm*—a prequel to his last three volumes, as the events he records precede the others by several years.

Nearly 20 years ago, at a particularly challenging time in his life, Michael Roads had an intense mystical experience, an Awakening in which he discovered Love of Self. Thereafter, his life became a journey beyond normal limitations of consensus reality into a Greater Reality—the birthright of every Being.

Michael Roads' explorations into Nature and other realms began when he awoke one night with his awareness split into two parts—one, a metaphysical Light-Body Self; the other, his physical self who sat up in bed recording his incredible experiences.

He shares with us his insights gleaned from the Sphere of Images, where he witnesses events on Earth that signalled key developments in civilisation and human individuality. He passes on the wisdom he receives from several extraordinary guides from other galaxies and dimensions: these timeless alternate realities are mind-boggling in their possibilities and ramifications.

Michael reminds us that we humans are all magnificent, multidimensional Beings of Light who, to be free, must make a free-will choice to align ourselves with the Love frequency that's sweeping the planet. Once we surrender our Selves to Love, we can surely realise the truth that "all Life is the diversity of One". A totally inspirational journey!

VIDEOS

ANIMAL EXPERIMENTATION: A COSTLY FAILURE with Dr Neal D. Barnard

Produced by Guardians (1995), Australia
Price: AUD\$17.00; AUD\$23.00 to NZ;
AUD\$29.00 to UK (PAL VHS, 50mins)
Available: **Australia**—Guardians, PO Box 59, Pascoe Vale South, Vic. 3044, ph/fax +61 (0)3 9386 3778.

Animal testing not only exploits innocent creatures but constitutes an enormous cost to us all. In this information-packed video lecture, US-based physician Dr Neal Barnard backs up this claim with some startling statistics. For instance, out of 198 new drugs tested on animals and marketed in a ten-year period, 102 (52%) had serious associated risks. When such animal-testing cannot determine a drug's post-approval risks to humans, there is questionable logic in conducting such tests in the first place.

Dr Barnard is a staunch opponent of unethical research practices, and in 1985 founded the non-profit group Physicians Committee for Responsible Medicine. He and his group have been instrumental in stopping animal trauma experiments in US medical schools and in advocating alternative test procedures using cultured human cells.

Dr Barnard reminds us that we can all take steps to ensure that animal testing is completely eradicated. His lecture was sponsored by Guardians, a group exposing vivisection, who also have an impressive mail-order books catalogue covering this subject.

AUDIO

Reviews by Richard Giles

TONGUES

by Gabrielle Roth and the Mirrors

Produced by Gabrielle Roth & Robert Ansell for Raven (1995), USA
Price: AUD\$18.95, USD\$9.95(cass.);
AUD\$28.95, USD\$14.95 (CD) (42mins)
Available: **Aust**—Wild Eagle Trading, ph +61 (0)3 9815 1162; **USA**—Raven Recordings, PO Box 2034, Red Bank, NJ 07701, ph (210) 642 1979.

Another release from Gabrielle Roth with the talented teams of musicians she draws together for these sessions. *Tongues* features artists like Cyro Baptista on percussion, Jai Uttal on vocals, Steve Gorn on bamboo flutes, Omar Hakim on drums, and Cafe da Silva on congas. It has the strong, driving rhythms and mesmerising tones of Gabrielle Roth's earlier releases and the trance-dance rush of albums like *Totem* and *Trance*. Excellent album with a top assembly of musical talent.

REVIEWS



AUDIO

SPIRIT OF TIBET

by Terry Oldfield

Produced by New World Company (1994), Westhall, Suffolk, UK

Price: AUD\$18.95, STG£6.95 (cass.); AUD\$28.95, STG£10.95 (CD) (50mins)
Available: **Aust**—New World Prodns, ph +61 (0)7 3367 0788; **UK**—New World Company, ph +44 (0)986 78 1682.

For those who feel a strong affinity with Tibetan and north Indian culture and philosophies, this is a must-hear album. Terry Oldfield captures the mystical side of Tibetan culture with his visionary, atmospheric music. He creates a sacred space for the soul to move into and transcend the ordinary and mundane for the moments of listening. Combining his music with Tibetan voices and a children's choir, this is an involving album. Recommended.

HEART LAND

by Tim Wheeler

Produced by David Lord, Tim Wheeler for Almo Sounds Inc. (1995), USA

Price: AUD\$19.95, NZD\$20.95, USD\$10.99 (cass.); AUD\$29.95, NZD\$30.95, USD\$16.99 (CD) (53mins)
Available: **Aust**—Festival Records, ph (02) 660 4022; **NZ**—Festival NZ, ph (09) 303 3885; **USA**—Almo Sounds, ph (310) 289 3080.

What can I say in a short review that adequately expresses the sheer power of this album? Tim Wheeler, Stuart Wilde and David Lord have captured in an orchestral/choral performance the momentum of fantastic change moving the planet today. The role of the warrior who faces the light then turns to the love underlying all is the theme of the album. Starring angelic choirs, shamans, heavenly spirits, the tribe, the nomad and the heart, this is the story of the search for, and triumph of, the heartland. Beautiful, inspiring solo performances from Cecilia and Sarah Leonard.

Not something to listen to on the dance floor, *Heart Land* requires laying back on the carpet with headphones on and candles lit. Highly recommended.

AFTER THE RAIN

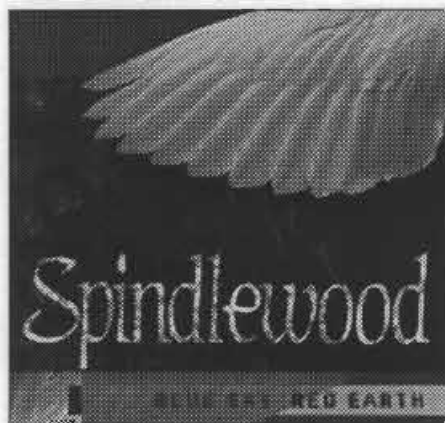
by Esther "Little Dove" John

Produced by Steve Anderson for Dove-Paloma Music (1995), USA

Price: STG£7.95, USD\$7.95 (cass.); STG£11.95, USD\$11.95 (CD) (51mins)
Available: **UK**—Callant-Tile Crown Ltd, Heywood, Lancs., ph +44 (0)1706 62 2202; **USA**—NorthWord Press, PO Box 1360, Minocqua, WI 54548, ph 1 800 336 6398. "Dove", as Esther John is known, founded

the Mission for Music and Healing in Seattle, USA. She wanders the country playing for the terminally ill, helping to heal their pain. Her group of volunteers is in demand from doctors across North America. In 1987 she was invited to the USSR to walk for peace, and in 1992 Dove took a group of musicians to Rio de Janeiro for the World Environment Conference.

After The Rain is a series of beautifully tempered, light and inspiring tracks of Dove's flute and piccolo playing, backed by acoustic guitar, percussion and bass. A stimulating album reflecting her passion for world harmony through music.



BLUE SKY RED EARTH

by Spindlewood

Produced by Alex Svencis/Spindlewood for Movieplay Australia (1995)

Price: AUD\$19.95, NZD\$20.95 (cass.); AUD\$29.95, NZD\$30.95 (CD) (52mins)
Available: **Aust**—Movieplay Australia, ph +61 (0)2 9905 0199; **NZ**—Dracmans Agencies, ph +64 (0)9 376 4628.

Australia has produced some remarkable musicians in the ambient folk tradition. Here is a newer group on the scene, called Spindlewood. Their wide range of instruments, including mandolin, dulcimer, clarinet, highland pipes, banjo and concertina, give them a sound that's richly woven and smoothly played with a fine vocal line to every number. The group harmonies contribute a rich Celtic flavour with spirited and passionate sound (a reminder of Clannad). Watch them move with worldwide release this year. Well recommended.

HEARTSONGS

by Zach Davids

Produced by Zach Davids for Ivory Moon Music (1995), USA

Price: USD\$10.00 (cass.), USD\$15.00 (CD) + o/s p&h (61mins)
Available: **USA**—Ivory Moon Recordings, 22 Rutgers Rd, Wellesley, MA 02181, ph +1 (617) 237 6686, 1-800 515 8515, fax +1 (617) 235 6789.



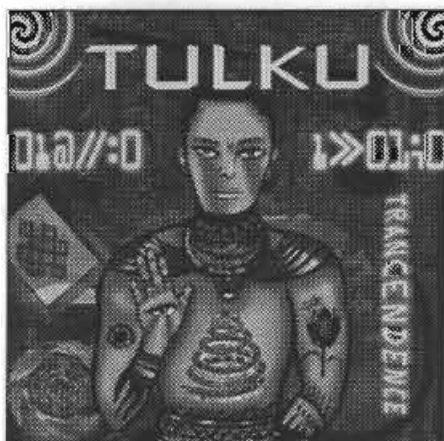
REVIEWS

AUDIO

Ever thought of using the human heart to compose music? Pianist Zach Davids has done just this in a unique and amazing way.

His new album, *Heartsongs*, grew from a project by four people, including Zach's father, to record actual heartbeats. Using a computer to measure intervals between the beats, they created graphs from the measurements and converted the intervals into integers which they then translated into musical notes. Those notes made a melody for which Zach chose the rhythm and accompaniment. One thing they found was that the heart-rate produced variable but pleasing sequences. The other was that, when mapped mathematically, they could observe fractal patterns—which Zach has used to illustrate the CD cover.

Fascinating musical renditions of the heart, sure to enthrall.



TRANSCENDENCE

by Tulku

Produced by Jim Wilson & Mitchell Markus for Triloka Records (1995), USA

Price: USD\$9.98 (cass.); AUD\$29.95, USD\$15.98 (CD) (56mins)

Available: **Aust**—Festival Records, ph +61 (0)2 660 4022; **USA**—Triloka Records, 306 Catron, Santa Fe, NM 87501, ph (505) 820 2833.

The recent TV series, *The Native Americans*, shown in Australia, the US and elsewhere, had magnificent theme music. The series music was produced and written by Jim Wilson (Little Wolf Band) and Robbie Robertson (ex-The Band). Jim Wilson had musicians Jai Uttal and Geoffrey Gordon from The Pagan Love Orchestra (see *Beggars & Saints*, NEXUS vol. 3#1) and others in Tulku. They combine sampled Indian, Native American and some African music brought together with live performances. There is a strong trance-dance ele-

ment in the album with the rhythmic organic percussion and vocals coming through, bringing ancient sounds into new bodies—hence the name "Tulku" which is Tibetan for the discovery of an old soul in a new body. Stirring, moving, traditional sounds in high-tech alchemy.

LIVING WATERS, LIVING LIGHT

by Ariya Navaroo

Produced by Crystal Productions (1995), Australia

Price: AUD\$17.00 (cass.) (46mins), AUD\$27.00 (CD) (69mins) + o/s p&h

Available: **Aust**—Arisonic Productions, PO Box 964, Mullumbimby, NSW 2482, ph +61 (0)66 84 2995.

This album is billed as a biological soundscape of harmonic sacred sound. Composer Ariyah explains that for thousands of years India's sacred texts have taught that sound holds the key to the mysteries of the universe. Sound holds the physical world in place.

All the music on this album is manifested from natural sound, despite the seemingly digitised tones on the *Living Light* album. It can be used with sonic meditation, tuning to the sacred planetary grid network, and for understanding, conveying information and networking on the global and galactic levels. A listening experience with *Living Light* is quite something—it weaves and curls through multidimensional levels of sonar-like sound, connecting the brain with the music of the spheres.

SACRED EARTH DRUMS

by David & Steve Gordon

Produced by Steve & David Gordon for Sequoia Records (1994), USA

Price: USD\$10.00 (cass.); AUD\$29.95, USD\$16.00 (CD) (71mins)

Available: **Aust**—New Age Media, ph +61 (0)9 430 7777; **USA**—Sequoia Records, Box 280, Topanga, CA 90290, ph 1 800 524 5513.

A shaman's journey on a CD? Is it right that such a personal, spiritual journey could be captured on digital tracks? David and Steve Gordon have done a remarkable job in translating the spirit of native American sacred music into a listenable and inspirational, involving form. Their goal, they state, was "to provide a musical catalyst which can serve as a ritual and ceremonial tool for contemporary people searching for a way to reconnect with ancient wisdom".

David and Steve have achieved a complete synthesis of the music and instruments necessary to bring about the journey. There is a depth and immediacy in *Sacred Earth Drums* that, with close listening, will assist an altered consciousness state. Very powerful and authentic. Highly recommended.